



HANDLING A DISCHARGE DEFLECTOR PLATE

Looking at the drawing above left, you can see the usual way that this job is done. It doesn't seem like much to lift the deflector plate because it is so light weight. The problem is, that is not all that is being lifted. Using your back like this means you are also lifting the entire weight of you upper body with your back, and that weight is a whole lot more than the deflector plate. The way to avoid all that weight is to use a wide stance and bridge your free hand to your leg. Using a wide stance gives you a place to bridge to, the thigh in other words. Take advantage of all the ways there are to make your job easier. You will feel less tired and old using **POWERLIFT®!**